

September 2018 - NEWS & VIEWS

Elder Services, A Division of the Community Services Department

The Center at Punchard: Andover Senior Center

As many of you already know, our facility is considered a town priority for improvement. We have outgrown our inherited 1937 middle-school space, and need to renovate to make the space our own, built to suit. Andover's boomers and seniors, its fastest growing population segment, require more space for programming needs and social activities, as well as accessible parking. We need a facility that meets our current needs and that can serve us well into the future.

You may *also* know, that the Council on Aging, Elder Services and the FRIENDS of the Senior Center are working together to make these big changes as smooth of a transition as possible. Should the 2019 Andover Town Meeting approve the proposed capital request for renovation, we will have a plan in place that will allow us to continue to deliver all our services and programming during the course of the construction. Please stay tuned for updates on how you can get involved and be part of this exciting project.



Annmary Connor, LICSW
Director of Elder Services

MISSION STATEMENT

To provide individuals, regardless of background, the opportunity to seek and readily find fulfillment and growth through programs and services that nurture mind, body and spirit.

CONTACT INFORMATION

Phone #: 978-623-8320

Physical Address:
30 Whittier Ct.
Andover, MA 01810

Mailing Address:
36 Bartlet St.
Andover, MA 01810

Email: Seniorcenter
@andoverma.gov

Website:
www.andoverma.gov/seniorcenter

HOURS OF OPERATION

Monday: 8-4 p.m.

Tuesday: 8-4 p.m.

Wednesday: 8-4 p.m.

Thursday: 8-8:30 p.m.

Friday: 8:-4: p.m.

Monthly Events & Programs

Bereavement Support Group

This support program is designed to provide help coping with the loss of a loved one.

Thursday, September 7th 11:30 p.m. | Cost: FREE | Must register to attend by calling Lois Marra of Home Health VNA Hospice at (978) 552-4537 and leave your message with name and phone number. Lois will return your call.

Bullying: How You Can Make a Positive Difference!

Bullying among older adults in senior housing & senior centers is a serious problem that Officer Robin Cataldo, Elder Services Police Officer will address in this workshop.

Participants will be provided with concrete effective strategies for intervening to stop bullying.

Friday, September 7th | 9 a.m. | Cost: FREE | Must register to attend

Bridges By EPOCH-Coping Techniques

Join a staff member from Bridges By EPOCH for a presentation on different techniques to that can be utilized when dealing with a loved one with a memory impairment.

Wednesday, September 12th | 10:30 a.m. | Cost: FREE | Must register to attend

Brown Bag

Anyone 60+ with an income less than \$21,978 for a single person or \$29,637 for a couple, or on Mass Health, food stamps or fuel assistance can participate in this program & receive a grocery bag of perishable & non-perishable food items on the 4th Tuesday of every month. Bags must be picked up by 10:15 a.m. Call Annmary or Kristine to complete an application.

Tuesday, September 25th | 9:30 a.m. | Cost: FREE | Must register to attend

Cholesterol Clinic

The Andover Health Department is offering Cholesterol & Glucose Screening as part of Senior Center Month. No fasting is required. This program is made possible through a grant from the Andover Home for Aged People. *Thursday, September 6th | 9-11 a.m. | Cost: \$10 | Space is limited so you must call the Andover Health Department at 978-623-8640 for an appointment*

Comedy Show

If you like funny jokes & laughing you should come to see Comedian, David Yikes! He tours Senior Centers throughout the state to perform his routine & is excited to be in Andover for the 1st time. *Wednesday, September 26th | 1 p.m. | Cost: FREE | Must register to attend*

Community Acupuncture

We are fortunate to be partnering with Acupuncturist, Dave Eyerman, who practices his holistic approach to wellness downtown. He will be coming to the Center every other Friday to provide people with treatment. *Friday, September 14th & 28th | 1-3 p.m. | Cost: \$20 per person | Must call the Center to make an appointment*

Community Table

As we approach the end of the growing season we will have a table in the lobby for members of the community to donate any fresh produce that they have. The Community Table is available to anyone & if there is ever any leftover it will be used in the kitchen!

Daily Ride to The Center

We provide daily trips to and from the Center for Andover older adults! *Monday-Friday | Call for times & availability | Cost: FREE, suggested donation.*

Computer Users Group

Will resume at Memorial Hall Library. *Mondays September 10th, October 15th, November 5th & December 10th | 1:30 p.m. | Cost: FREE | Must register to attend*

Dinner at Brightview

A group of Senior Center participants will be going to enjoy dinner at this facility & transportation will be provided to & from this event. *Wednesday, September 26th | 4 p.m. | Cost: FREE | Must register to attend*

Drama Reading & Discussion

Find reading drama alone unsatisfying? Come read and emote with us! These two Pulitzer Prize winners "lay bear the truths of our lives" through humor, sadness & the impact of our shared experiences. The group will read Wit by Margaret Edson & Three Tall Women by Edward Albee *Mon, Sept 10th & 17th, October 1st, 15th, 22nd & 29th | 1-3 p.m. | Cost: FREE | Must register*

Emergency Preparedness Presentation

It is Emergency Preparedness Month so the Department of Public Health, Triad & Elder Services have joined forces to put on a great workshop that will provide a lot of useful information related to how you can best prepare for an emergency. *Friday, September 21st | 10 a.m.-11:30 a.m. | Cost: FREE | Must register to attend*

Estate Planning

You may not own a mansion, but most likely you own something....a house, bank accounts, retirement accounts, etc. & you need to determine how they will they be distributed when you are gone; as well as who will be in charge of this complicated process. Come to this lecture led by Attorney, Gerald Shyavitz to learn the answers to these questions & other pertinent information. *September 17th | 10:30 a.m. | Cost: FREE | Must register to attend*

Friday Morning Breakfast Speaker Series

This educational program is starting again, held on the 2nd Friday of every month. Sign up to enjoy a nice breakfast & learn about a variety of interesting topics. *Friday, September 14th | 8:30 a.m. | Cost: \$4*

Fun Bus Trip

The group will be going to Walmart .*The 3rd Monday of every the month | September 17th | 9 a.m. | Cost: \$10 | Must register to attend*

Happy Birthday to You!

Sign up for this fun congregate lunch with entertainment, cake & a raffle for participants with birthdays during the month. It does not have to be your birthday month to attend! *Friday, September 21st | 1:45 |*

Happy Senior Center Month! Frank's Famous Family Style Buffet

Come join us for a special luncheon to celebrate Senior Center Month! *Wednesday, September 26th | 12:00 p.m. | Cost: \$8 | Must register to attend*

Grandparents Day Celebration

Bring your grandchildren to the Center to have milk & cookies & participate in some kid-friendly activities. Friday, September 7th | 1:00 p.m. | Cost: FREE | Must register to attend

Monthly Events & Programs

Intergenerational Activity

A group of 6th graders from St. Augustine School will be coming to learn about what resources the Center offers & they will participate in a fun interactive project too! If you come to the Center & enjoy working with children. September 6th | 9:30-11:30 a.m. | Cost: FREE | Must register to attend

Grill Night

Join us for the last cookout of the season! September 6th | 5-6:30 p.m. | Cost: Varies based off of what you choose to eat | Must register to attend

Living Healthy Series

This program is ramping up again for the Fall. Participants are served a light dinner then listen to a presentation related to health/wellness topics. *Hearing & Hearing Aids 101, Sept 6th | Intro to Acupuncture-Sept 13th | Preparing for 65-Blue Cross Blue Shield-Sept 20th | Light dinner 5:30 & presentation at 6 p.m. | Cost: \$5 suggested donation | Must register to attend*

Medication & Syringe Disposal

Medication disposal is available at the Andover Police Department. Syringe disposal is available at the Center & at the Andover Police Department Public Safety Building at 35 Main St. If you have any questions call the Andover Police Department at 978-475-0411

Meet the Lawyer

Monday, September 24th | 9:30-11:30 a.m. | Cost: FREE | Call the Center to make an appointment

ADVERTISING

Full Page Ads on 11 and 15

1/2 page bottom ads on 4 and 16 — don't go past 5.25"

Banners on top and bottom of calendar page—top 1.5"; bottom 15.25"

MARCH CALL CAROLINE WHEN SENDING SO SHE CAN CHECK IT

800-888-4574 EXT. 3356

Men's Outdoor Adventure Group

This group meets at the Center at 9 a.m. so they can head out together to hike. *Wednesday, September 5th | Ward Reservation | Wednesday, September 19th | Bald Hill (3.5 miles)*

Memory Café

Monday, September 24th | 1:00 p.m. | Cost: FREE | Must register to attend

Nature Walks

Meet at the Senior Center to explore AVIS lands in Andover. *Fridays 9-11a.m.*

Opera at the Piano

There is more to opera than singing! Come listen to an hour of beautiful melodies as Terri Kelley brings opera to the piano and tells the surprising story that inspired each piece. *September 25th | 1:30 p.m. | Cost: FREE | Must register to attend*

Pain Management Support Group

This intimate and confidential group is open to anyone who is dealing with chronic pain management issues. Newcomers are always welcome. Be sure to call to register. Facilitator: Gerry Rainville, RN, MSN Meets on the *2nd Monday of the month | Monday, September 10th | 1:30 p.m. | Cost: FREE | Must register to attend*

Paper Arts

Join this workshop to learn how to create different art projects using just paper! Materials provided, no experience necessary. *Tuesday, September 11th | 1 p.m. | Cost: FREE | Must register*

Parkinson's Support Group

Special guest this month Chris Hennessey, Territory Manager, Deep Brain Stimulation, Abbott Pharmaceutical will be discussing "The latest Advances for Parkinson's Disease treatment, Directional Deep Brain Stimulation. *Meets the second Thursday of the month | Thursday, September 13th | 1:30 PM | To attend please call Kristine Arakelian, Outreach Coordinator*

Portal Presentation

Andover Public Schools (APS) is offering the Andover Community a new window to the world through the Andover Portal. This is an immersive learning & in many other countries such as: Panamá, England, Germany, Greece, Israel, Iraq, Kenya & more! Join Steve Chinosi, Director of Strategic Innovation for APS, for a brief introduction to the Andover Portal and learn more about how you can get involved in this global experience through conversations without having to leave town! *Friday, September 7th | 10:30 a.m. | Cost: FREE | Must register to attend*

Ready to Travel?

The Senior Center is offering 2 trips in 2019!! When we've had enough of winter we will be heading to *Savannah, GA and Charleston, SC areas for some Southern Charm, April 7-13*. Then we will experience a different type of fall color at the *Albuquerque Balloon Fiesta and Santa Fe area, October 5-10*. Come to hear directly from Collette Travel will about both trips. *Wednesday, September 12th | 1:00pm | Cost: FREE | Must register to attend*

Monthly Events & Programs

Reflexology

An alternative medicine involving application of pressure to the feet with specific thumb, finger, and hand techniques. *Every other Thursday | Thursday, September 13th & 27th | 6-8 p.m. | Cost: \$1 per minute, 30 minute minimum & 90 minute maximum | Must call to make an appointment*

SHINE (Serving Health Information Needs of Everyone)

This confidential counseling service helps individuals understand their Medicare insurance benefits & other health insurance options. *To see our SHINE Counselor you must call the Center to make an appointment | Cost: FREE*

State Senator Office Hours

Held on the 4th Monday of every month. Bring your questions for staff from Barbara L'Italien's office. *Monday, September 24th | 8:30 a.m. | Cost: FREE | Individuals are seen on a 1st come 1st served basis | November 2018 will be the last month for this program*

Technology at the Center

We have laptops that are available for individuals to use when they come to the Center. The laptops can connect to the internet & can be used for an hour at a time. If you are interested in utilizing this new resource just see the front desk.

Triad Meeting

Thursday, September 13th | 10 a.m.

Triad Presentation

Michele Elricks from Mass Dot will be presenting. *Friday, September 28th | 10 a.m.*

Twice as Nice

Piano duets and musical stories performed by Terri Kelley and Deborah Hamel
What local composer was awarded the first Harvard degree for music? Which composer was Queen Louisa's piano teacher? Come listen to duets and stories in an hour of light-hearted piano classics. *Tuesday, September 18th | 1:30 p.m. | Cost: FREE | Must register to attend*

Veterans Service Office

Outreach Services - Northeast Veterans Outreach Center, Randy Carter,
randy.carter@andoverma.us *Tuesdays & Thursdays | 9 – 1 p.m.*

Ch115 and Benefit Assistance- Sue Wagner, Director of Veterans Services Town of North
Reading, susan.magner@andoverma.us *Fridays | 1:30-4:30 p.m.*

Ch115 Benefits – General Services, Christine Barraford,
Assistant

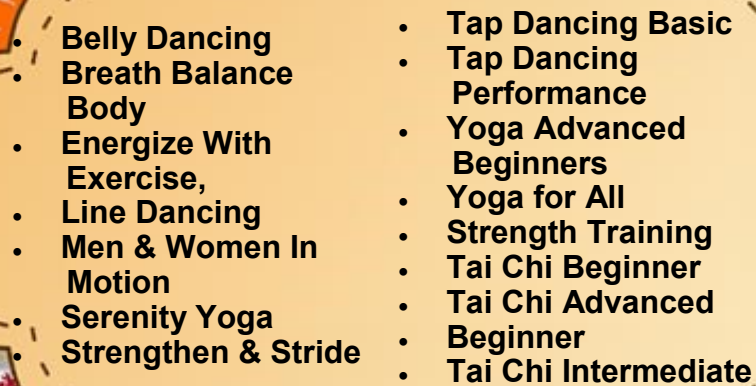
Office

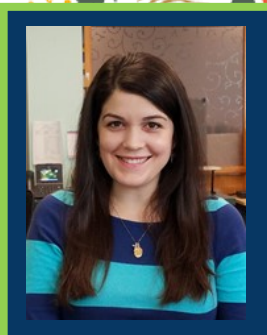
Office Located on the 3rd Floor, 978-623-8915, chris-
tine.barraford@andoverma.gov

Women's Outdoor Adventure Group (WOAG)

All hikes start at the C@P, the group leaves at 9:00 SHARP, to car pool to the hike. Appropriate hiking shoes, hats, poles, sun screen are recommended. ALL people hiking need to submit a NEW health form before their first hike. Emails are sent out prior to the hike with more specific details, if not already on the WOAG email list & you would like to be added contact Jane Gifun at fleecy.godmother@verizon.net *Thursday, September 13th | Goldsmith Reservation Monday, September 24th | Deep Jump | Cost: FREE | Must register to attend*

All exercise classes are only \$25 this Fall Session-2018! Don't miss out on this fantastic opportunity, there are still openings in these classes:

- 
- Belly Dancing
 - Breath Balance Body
 - Energize With Exercise,
 - Line Dancing
 - Men & Women In Motion
 - Serenity Yoga
 - Strengthen & Stride
 - Tap Dancing Basic
 - Tap Dancing Performance
 - Yoga Advanced
 - Yoga Beginners
 - Yoga for All
 - Strength Training
 - Tai Chi Beginner
 - Tai Chi Advanced
 - Beginner
 - Tai Chi Intermediate



We are very excited to welcome Ashley English, Volunteer/Transportation Coordinator as our newest staff member at the Senior Center! Ashley is responsible for managing volunteers (including SCRPT) & assisting with Medical Transportation. She comes to us with excellent experience from working at Elder Services of the Merrimack Valley, Inc. for the last 4 years & she is familiar with the Andover community because she grew up in town! When you have a chance please take a minute to say hello & introduce yourself.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Labor Day</p> <p>CENTER CLOSED</p>	<p>4</p> <p>Primary Day</p> <p>CENTER CLOSED</p>	<p>5</p> <p>8 & 8:45-Strength Training 9- Model Building-Comfort Crit -Men's Outdoor Adventure 9:30- Basic Tap 10- Fiber Arts -Grocery Shop 12- Lunch- Lemon Chicken 12:45-Performance Tap 1- Knit Wits - Fun & Games -Yoga Advanced Beginner 2- Wellness Clinic</p>	<p>6</p> <p>8- Men/Women in Motion 9- Strengthen & Stride -Open Studio Art-CholClinic 9:30- Craft Corner -Townie Tr -Intergenerational Activity 12-Lunch-Rosemary Pork 1- Fun/Games -Dup Bridge 3:30- Energize w/ Exercise 4- Neighbors In Need 5:30- Living Healthy Series 6-Grill Night -Belly Dancing 6:30- Table Tennis 7:15- Serenity Yoga</p>	<p>7</p> <p>8 & 8:45-Strength Training 8:30- Nature Walks 9-Bullying Workshop 10:15- Sit & Get Fit 10:30- Portal Presentation 12- Lunch-Baked Fish 1- Fun & Games - ESL - Social Drop In Bridge - Grandparents Day 1:30-Bereavement Support 2- Ping Pong & Dancing 3- Mindfulness Meditation 6:30- Chinese American</p>
<p>10</p> <p>9- Sunrise Singers - Woodcarving - Quilting 10- Massage (by appointment) 10:15- Rhythm-'Aires 12- Lunch- Chicken Parm 1- ESL (off site) - Yoga for All - Drama Reading 1:30-Computer Users Group (MHL) - Pain Support Group</p>	<p>11</p> <p>8- Men/Women in Motion 9- Strengthen & Stride 10- Delta the Dog -Write Stuff 10:15- Sit & Get Fit 10:30- Yoga Beginners 12- Lunch- Stuffed Cabbage 12:30- Mahjong 1- Fun & Games -Social Bridge Drop-In- Paper Arts 1:10- Tai Chi Beginner 2- Breath, Balance & Body 2:15- Line Dancing</p>	<p>12</p> <p>8 & 8:45-Strength Training 9- Model Building Club 9:30- Basic Tap -Comfort Crit 10- Fiber Arts- Grocery Shop 10:30-Bridges Presentation 12- Lunch-Chicken Marsala 12:45-Performance Tap 1- Knit Wits - Fun & Games -Yoga Advanced Beginner - Ready to Travel 2- Wellness Clinic</p>	<p>13</p> <p>8- Men /Women in Motion 9- Strengthen & Stride -Open Studio Art - WOAG 9:30-Craft Corner -Townie Tr 12- Lunch-Salisbury Steak 1- Fun & Games -Dup Bridge 1:30- Parkinson's Support 3:30- Energize w/ Exercise 4- Neighbors In Need 5:30- Living Healthy Series 6-Belly Dancing -Reflexology 6:30- Table Tennis 7:15- Serenity Yoga</p>	<p>14</p> <p>8 & 8:45-Strength Training 8:30- Nature Walks -Friday Morning Breakfast 10:15- Sit & Get Fit 12- Lunch-Fish 1- Fun & Games - ESL - Social Drop In Bridge - Community Acupuncture 2- Ping Pong & Dancing 3- Mindfulness Meditation 6:30- Chinese American</p>

9- Sunrise Singers - Woodcarving - Quilting - Fun Bus Trip 10- Massage (by appointment) 10:15- Rhythm-'Aires 10:30-Estate Planning 12- Lunch- Shepherd's Pie 1- ESL (off site) - Yoga for All - Drama Reading	8- Men/Women in Motion 18 9- Strengthen & Stride 10- Delta the Dog -Write Stuff 10:15- Sit & Get Fit 10:30- Yoga Beginner 12- Lunch- Stuffed Chicken 12:30- Mahjong 1- Fun & Games-Social Bridge 1:10- Tai Chi Beginner 1:30- Twice As Nice 2- Breath, Balance & Body 2:15- Line Dancing	8 & 8:45-Strength Training 19 9- Model Building Club - Men's Outdoor Adventure 9:30- Basic Tap -Comfort Critters 10- Fiber Arts-Grocery Shop 12- Lunch-Pot Roast 12:45-Performance Tap(1- Knit Wits - Fun & Games - Yoga Advanced Beginner 2- Wellness Clinic	8- Men/Women in Motion 20 9- Strengthen & Stride - Open Studio Art 9:30-Craft Corner-Townie Tr 12- Lunch- Chicken Pesto 1- Fun & Games -Dup Bridge 1:10- Tai Chi Intermediate 2:15- Tai Chi Advanced Beg 3:30- Energize w/ Exercise 4- Neighbors In Need 5:30- Living Healthy Series 6-Belly Dancing 6:30- Table Tennis 7:15- Serenity Yoga	8 & 8:45-Strength Training 21 8:30- Nature Walks 10-Emergency Preparedness 10:15- Sit & Get Fit 11:45- Birthday Lunch 12- Lunch-Baked Ziti 1- Fun & Games - ESL - Social Drop In Bridge 2- Ping Pong & Dancing 3- Mindfulness Meditation 6:30- Chinese American
9- Sunrise Singers - Woodcarving - Quilting - WOAG 9:30- Meet the Lawyer 10- Massage (by appointment) 10:15- Rhythm-'Aires 12-Lunch-Sweet & Sour Pork 1- ESL (off site) - Yoga for All - Memory Cafe	8- Men/Women in Motion 25 9- Strengthen & Stride - Brown Bag 10-Delta the Dog -Write Stuff 10:15- Sit & Get Fit 10:30- Yoga Beginner 12- Lunch-Chicken Sir Fry 12:30- Mahjong 1- Fun & Games-Social Bridge - Opera at the Piano 1:10- Tai Chi Beginner 2- Breath, Balance & Body 2:15- Line Dancing	8 & 8:45-Strength Training 26 9- Model Building Club 9:30- Basic Tap -Comfort Crit 10- Fiber Arts -Grocery Shop 12- Lunch-Meatloaf - -Franks Buffet 12:45-Performance Tap 1- Knit Wits -Fun & Games - Yoga Advanced Beginner -Comedy Show 2- Wellness Clinic 4- Dinner at Brightview	8- Men/Women in Motion 27 9- Strengthen & Stride - Open Studio Art 9:30- Craft Corner-Townie Tr 12- Lunch-Chicken Pot Pie 1- Fun & Games -Dup Bridge 1:10- Tai Chi - Intermediate 2:15- Tai Chi Advanced Beg 3:30- Energize w/ Exercise 4- Neighbors In Need 5:30-Living Healthy Series 6- Belly Dancing -Reflexology 6:30-Table Tennis 7:15-Serenity Yoga	8 & 8:45-Strength Training 28 8:30- Nature Walks 10- TRIAD Presentation 10:15- Sit & Get Fit 12- Lunch-Salmon 1- Fun & Games (board games) - ESL - Social Drop In Bridge - Community Acupuncture 2- Ping Pong & Dancing 3- Mindfulness Meditation 6:30- Chinese American

The groups listed below are looking to grow & would love for new individuals to join them!

- **Andover Chroniclers**– Join this TV crew to produce the award winning show "There's Something About Andover." No experience required, training will be provided but if you have experience that's great too! This is a nice place to explore & develop new skills such as: field production, editing, producing & hosting a show. *Meets on the 1st & 3rd Thursday of the month at 9*
- **Model Building**– Bring your own model project to work on & spend time getting to know the other individuals in the group while having some good laughs. *Meets on Wednesdays from 9-11 a.m.*
- **Knit Wits**– Bring your own knitting project (people who crochet are welcome too!) to work on & spend their time enjoying the company of others who have a common interest. If you don't know how to knit but want to learn how there are members of the group who are willing to teach beginners & there is also community yarn available to use. *Meets on Wednesdays from 1-3:30 p.m.*
- **Open Studio Art**– If you are an artist you should bring a piece that you are working on as well as the materials you are using & join this group of other creative people. Artists tend to have friendly conversations while they're working & sometimes assist one another. This is not a group for beginners. *Meets on Thursdays from 9-12 p.m.*
- **Comfort Critters (formally SHOP)**- If you are looking for something rewarding to do this is a great activity. Participants in this group make stuffed animals that are sent to children at hospitals & other facilities. No experience necessary you just need to be willing to learn. Participating in this group can count towards SCRPT hours. *Meets on Wednesdays from 9:30-11 a.m.*
- **Fun & Games**– People are looking to start playing cribbage & 45's on a regular weekly basis. *This group is held Tuesday through Friday from 1-4 p.m.*
- **Mahjon**– This group is looking for people who know how to play the game & would be interested in joining them on *Tuesdays from 12:30-3:30 p.m.* If you don't know how to play but would like to learn there is someone in the group who is willing to teach beginners!
- **The Write Stuff**– Do you like to write? Join this group in an engaging writing process! *Meets on Tuesdays from 10-11 a.m.*



SOCIAL MEDIA



@SeniorCenterAtPunchard



@SeniorCenter_AtPunchard



@Center_Punchard

Chinese 本中心的《英文月报》(News & Views)另附有《中文简讯》，而且都将分送到您的住处；您也可在本中心网站查阅，或者电邮给您。若需电邮，请把邮址传给Chris 女士，登记索要《中文简讯》，即

Translation of above statement: We offer a brief summary of our monthly newsletter for you in Chinese. They will be distributed to housing & put on our web site; or if you would like them emailed to you please email Christine Marshall at Christine.marshall@andoverma.us

ESL Classes

Mondays / 1 p.m. / Off-site at Frye Circle / Cost: FREE

Fridays / 1 p.m. / The Center / Cost: FREE

Friday Night Special: Chinese American

The Association of Andovers & Andover Elder Services are proud to host this evening at The Center with many fun ways to get involved through: Zumba, Yoga, Ping Pong & Games (board/card/Mah Jong) & other fun ways to get socially involved. All are welcome to attend! 安多福华人协会和 Elder Services of Town of Andover 很高兴在七月份联合举办星期五晚上的联谊活动。活动包括: Zumba, 瑜伽, 乒乓球, *Fridays / 6:30-9:30 p.m. / Cost: FREE*

Chinese Socializing at The Center

Saturdays, / 10am-11:45am / Cost: FREE

The Town Clerk's Office is recruiting poll workers for the upcoming election cycle. Interested persons can apply on line on the Town web site at www.andoverma.gov or contact the Town Clerk's Office at town-clerk@andoverma.gov or 978-623-8230

The Senior Center needs small items to be used for the raffle held at our monthly birthday party. Please leave donations at the front desk!



It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), expect an information packet from your plan

by the end of September. It is important to **understand** and **save** this information: it explains the changes in your plan for 2019. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!

During Medicare Open Enrollment, you can adjust your plan for next year. SHINE Counselors help you understand *your* plan changes as well as *other options* you may have. Call now to discuss your insurance questions, schedule your SHINE phone or face-to-face appointment, or learn about group meetings during the Open Enrollment from **October 15 through December 7th!**

REMINDER: Be on the alert for your new Medicare card in the mail & as always, bring your card and drug list to your appointment!

Call the Senior Center to schedule an appointment with our SHINE Counselor Deb!

Gift Cards

Gift Cards for the Center's programs (exercise classes, lunch, transportation, etc.) are always available in any amount. If you're interested in purchasing one just ask the front desk. They make great gifts for family & friends or the person who has everything & you don't know what to get them!

Join the

**Andover Senior
Community FRIENDS**

**& support the
Senior Center at Punchard**

It is through the volunteerism
and your generosity that so
many programs are offered free
or at a reduced price!



THE CRYSTAL BALLROOM MASQUERADE BALL

Presented by the Andover Senior Community FRIENDS

Sunday October 28th from 6 p.m.-10 p.m.
Old Town Hall, 20 Main St. Andover

Music by D.B's Orchestra from 7 p.m.-10 p.m.
Dance instruction by Tom Webster of Dance New England

Advance ticket sales \$15/per person or \$25 /couple.
Tickets can be purchased at the Center at Punchard,
the Andover Bookstore & at the door.



ASCF Meetings

Fridays @ 10:30 AM
Website: andoverscf.org

The Andover Senior Community FRIENDS, Inc.

c/o The Center at Punchard

30 Whittier Court, Andover, MA 01810

NAME: _____ ADDRESS: _____

CITY: _____ STATE _____ ZIP CODE _____

PHONE: _____ EMAIL: _____

MEMBERSHIP:

Senior/Student \$10 _____ Individual \$15 _____ Family \$30 _____ Patron \$50 _____
Benefactor \$100 _____ Other _____

*Help the FRIENDS support the programs at the Center at Punchard. Come enjoy a trip or two. Check out all we
do! The FRIENDS are a 501c3*

SEPTEMBER It's National Senior Center & Emergency Preparedness Month!

- **Andover Days-** Saturday, September 8th
- **Andover Cares-** Saturday, September 15th
- **Autumn Begins-**Saturday, September 22nd
- **Labor Day-** Monday, September 3rd-Center Closed
- **Primary Day-** Tuesday, September 4th-Programming
- **Rosh Hashanah-**Monday, September 10th
- **Sukkot-**Sunday, September 23rd
- **Yom Kippur-**Tuesday, September 18th

OCTOBER

- **Caregiver Support Group** | A brand new support group, held on the 3rd Monday of the month at 1:30 a.m. | Monday, October 15th | Cost: *FREE* | Register to attend
- **Columbus Day** | Monday, October 8th | Center Closed
- **Fix It Shop** | Mondays, October 1st & 22nd | 1 p.m.
- **FRIENDS Fundraiser** | October 17th
- **Happy Birthday to You!** Friday, October 19th | 11:45 a.m.
- **Hearing Aid Checks & Cleanings** | We are excited to begin partnering with the Andover Hearing Center, LLC which is located downtown. Wendy Ring, Audiologist & Owner will be coming on the 1st Tuesday of every month to complete hearing aid checks & cleanings. Tuesday, October 2nd | 9:30-10:30 a.m. | Cost: *FREE*
- **High Dose Flu Clinics** | Two "High-Dose" Flu Clinics are scheduled for residents of Andover 65 yrs and older at the Cormier Youth Center. Consent forms will be available at the Health Department, Town Offices, Center at Punchard, Library & on the town website | Tuesday October 2nd & Thursday October 4th | 9–12:00 p.m. | Cost: *Bring Health Insurance Cards with you to the clinic, there is no out of pocket charge* | Please call the Health Department at 978-623-8640 or email health@andoverma.gov to schedule an appointment.
- **Living Healthy Series** | Thursday, October 4th-How to Handle Stress | Thursday, October 11th-Virtual Dementia Tour | Thursday, October 18th-The Benefits of Medical Marijuana & Chronic Health Conditions
- **Paper Arts** | Tuesday, October 9th | 1 p.m.

NOVEMBER

- **Community Wide Flu Clinic** | Thursday, November 8th
- **Election Day** | Tuesday, November 6th– Center Closed
- **SHINE Open Enrollment Event**– Wednesday, November 7th
- **Thanksgiving Luncheon** | Wednesday, November 14th

DECEMBER

- **Holiday Fair** | Friday, December 7th
- **Holiday Luncheon** | Thursday, December 13th

The Senior Center at Punchard
36 Bartlet Street
Andover, MA 01810

PRSRT STD
U.S POSTAGE PAID
Permit No.41

To the home of:

